

- ♦ Acupuncture
- ♦ Alexander Technique
- ♦ Aromatherapy
- ♦ Bowen Technique
- ♦ Cosmetic Acupuncture
- ♦ CranioSacral Therapy
- ♦ Crystal Healing
- ♦ Dru Yoga
- ♦ Ishta Spinal Touch
- ♦ Koren Specific Technique
- ♦ Lightning Process
- ♦ McTimoney Chiropractic
- ♦ Medical Herbalism
- ♦ Nutritional Advice
- ♦ Optimal Health Program
- ♦ Psychotherapy
- ♦ Reflexology
- ♦ Reiki
- ♦ Toxin-Free Toiletries
- ♦ Children's Clinic



**For the Very Best in  
Holistic Health and Wellness**

### To Contact Us

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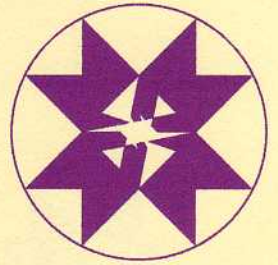
# THE ISHTA CENTRE

of Stone

## The Vision

The Ishta Centre was founded by Sue Weiler and Allyn Edwards and opened in June 2000.

They believe that the body has its own inborn healing abilities so the primary aim of the centre is to provide the very best in natural and holistic healthcare allowing those innate abilities to work at their optimum levels.



## The ISHTA Centre - For the Very Best in Holistic Health and Wellness

### More than just a therapy centre

Our aim is to improve every aspect of your health. We provide a confidential and personal service. We have information about health; books, magazines and articles are all available to read. Also our web site is very informative and we have a FREE email newsletter; sign up on line.

### Holistic Health

Your current level of health is a reflection of how you are responding to the environment you are providing for yourself, we can help you to redress the imbalances.

The main aim of any holistic health technique is to help you to replenish your resources so that you have the ability to heal yourself. They do this in two ways; either by actively building up your resources or by stopping the unnecessary drains on your existing resources. They may also help you to manage your symptoms while this process happens. No holistic health modality ever cures anyone of anything; all they ever do is to help the body to heal itself. All the therapists working at the Ishta Centre subscribe to this view.

### A Meeting Venue

The centre has a seminar room for hire. It can take 26 people in theatre format and there is plenty of free parking in the centre's own car park.

There is seminar equipment, massage couches and kitchen facilities available.

Stone is just 10 minutes from junctions 14 or 15 of the M6. Stone railway station is a 2 minute walk away.

This makes the Ishta Centre a great venue for workshops.

### For more information

We have more information about all the therapies available at the centre. Either come in and pick up the brochures or call us and we'll send them out to you. If you are unsure about which therapy would be right for you call us and we'll be happy to advise you. All our therapists are fully qualified and insured so you can have confidence when you book an appointment at

**THE ISHTA CENTRE**